



WHAT IS BMX?

Bicycle motocross (BMX) is currently the fastest growing youth sport in North America AND is the latest addition to the Olympics.

The sport of BMX was created by kids, for kids. Back in the early 1970's, a group of young riders were pretending to be their favorite motorcycle racing heroes by "racing" around a vacant dirt lot, twisting the imaginary throttle while they pedaled their bicycles. Thus, BMX was born.

That desire and vision has evolved into a full-blown sport in which riders compete on established dirt tracks elevating themselves to "hero" status. A typical race around a BMX track will last about 50 seconds pitting a rider against up to 7 other riders all going for the gold. Races are organized according to age group and skill levels, so everyone gets the opportunity to compete on a fair level.

BMX offers every rider the ability to participate at his or her own pace...NO ONE SITS ON THE BENCH! There are no coaches deciding who gets to play everyone gets into the action.

LOW COST FAMILY ENTERTAINMENT...

For many families, BMX racing becomes a weekly ritual. Spectators are always FREE and everyone is welcome to come and cheer on the racer (or racers) in the family or other friends. It is also quite common to see mom, dad, brother and sister ALL racing within their own classes.

BMX is a true family-oriented sport proving that

you don't have to spend a lot to enjoy an activity together.

WHO WILL I RACE?

One fundamental aspect of BMX racing is that participants will compete with others their same age and skill level. Unlike other sports, BMX offers three proficiencies per age: Novice, Intermediate and Expert. New riders are classified as Novice and, as their ability increases, they will move through the skill levels. This structure ensures that riders will consistently encounter the fairest level of competition while always being challenged.

IT'S EASY TO GET INVOLVED!!!

ANY bike can be outfitted to suit BMX. This includes the beginner bike with smaller wheels or the mountain bike with gears. However, a few adjustments may be required to make them a bit more safe. Each bike needs to have padding on the handlebar crossbar, the stem and the top tube of the frame. Also, the kickstand and any reflector brackets will need to be removed, adding to that safety aspect. Riders are required to wear long pants, long sleeve shirts, enclosed shoes and a helmet (no fancy uniforms or special type of clothing is required). If you don't have a helmet, the track will most likely have "loaners" for you to use.

When all of the equipment is in place, make your way to the track's registration area and get your FREE 1-DAY membership. You are now ready to experience the thrills of BMX.

WHY BMX?

DISCIPLINE

Helps kids to focus energy in a positive direction.

SELF ESTEEM

Builds confidence and teaches kids about setting and reaching goals.

PHYSICAL FITNESS

Developing strong minds and bodies.

BICYCLE MOTOCROSS?

- BMX had its debut in the 2008 Summer Olympics
- Riders race against kids their own age and skill level
- There are over 280 ABA tracks across the U.S. and Canada
- Riders have the ability to earn district, state, regional and national rankings and awards

MUSIC CITY BMX

Located in Hamilton Creek Park,
2901 Bell Road in Nashville

SEASON KICK OFF

Sunday, March 26, 2011

FREE NEW RIDER CLINIC

12:30 pm-2:00 pm

Race registration: 2:00-3:00 pm / Race: ASAP

All you need is a bike, helmet, long sleeves & long pants

Practice Days:

Tuesday & Thursday 6:30-8:00 pm

Race Day Sunday

Race registration: 2:00-3:00 pm / Race: ASAP

(All practice and races are weather permitting)

For more information: 615-361-5533

E-mail: musiccitybmx@gmail.com

Check out our website at www.musiccitybmx.com



ABA BMX

AMERICAN BICYCLE ASSOCIATION

TRY OUT THE OLYMPIC SPORT OF BMX!

Check your local TV listing for ABA BMX on **VERSUS**

FREE 1-DAY MEMBERSHIP

NO ONE SITS ON THE BENCH IN BMX!



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